

Hospice Memorials

Ann Wrente

Lorraine Wrente

Catherine Stilley

Martha Raulerson

Richard and Deborah Davis

Ed Hollowell

Shirley Benson

Carol Conger

Joette Conger

Walter and Dana Crayton

Ramon Marble

Kristeen Storrs

Paul and Janet Bergson

Larry and Linda Mangel

Robert and Carol Flaherty

Kendall Hill

Adriane A. Jolly

Elizabeth Sparrow

Robert and Joyce Hannum

Robert Carey

Marie Sager

Robert E. Sager

Jean Stouffer

Gail Edwards

Patricia Powers

Regina Nelson

Lynda Quidley

Suzanne Iraldi

Brita Newell

Donation to Hospice

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Mickey Paul Carawan

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Hospice News

Volume XXXII, Issue 1

Spring 2012

Craven County Home Health-Hospice Agency

Quality Service in Craven County for Over 30 Years

Regrets of the Dying..... By Bronnie Ware

For many years I worked in palliative care. My patients were those who had gone home to die. Some incredibly special times were shared. I was with them for the last three to twelve weeks of their lives. People grow a lot when they are faced with their own mortality. I learnt never to underestimate someone's capacity for growth. Some changes were phenomenal. Each experienced a variety of emotions, as expected, denial, fear, anger, remorse, more denial and eventually acceptance. Every single patient found their peace before they departed though, every one of them. When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again. Here are the most common five:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. It is very important to try and honor at least some of your dreams along the way. From the moment that you lose your health, it is too late. Health brings a freedom very few realize, until they no longer have it.

2. I wish I didn't work so hard.

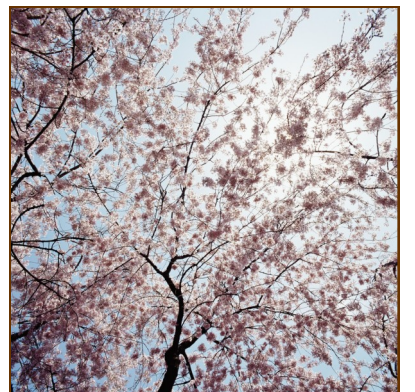
This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.

3. I wish I'd had the courage to express my feelings.

Many people suppressed their feelings in order to keep peace with others...We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life. Either way, you win.

4. I wish I had stayed in touch with my friends.

Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying. It is common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away. People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them. They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to ever manage this task. It is all comes down to love and relationships in the end. That is all that remains in the final weeks, love and relationships. *(continued on p.2)*



Donations to Craven County Health Dept. Home Health-Hospice

When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. Thank you for choosing Craven County Health Department Home Health-Hospice.

*Please make the check payable to **CCHD- Foundation**. And mail to:*

Craven County Health Department Home Health-Hospice

PO Drawer 12610

New Bern, NC 28561

Bereavement Support Group

Hospice Social Worker, Justine Cabrera, BSW will be presenting three different support group sessions this year to provide the grieving with some tools on how to cope without their loved one. The second session will begin June 19 and continue once weekly for 6 weeks. This program is open to the community and there is no cost. If you are interested, please call the office at 636-4930.

**Craven County
Health Department
Home Health Hospice Agency**

PO Drawer 12610

2818 Neuse Blvd

New Bern, NC 28561



Hospice is a coordinated palliative and supportive care (physical, psychological, social and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.

Oven -Roasted Asparagus

Ingredients:

1 bunch thin asparagus spears, trimmed
3 Tbs. olive oil
1 1/2 Tbs. Grated parmesan cheese
1 clove garlic, minced
1 tsp sea salt
1/2 tsp ground black pepper
1 Tbs. lemon juice

Directions:

Preheat oven to 425'.
Place the asparagus in large zip lock bag and drizzle with olive oil. Toss to coat. Add Parmesan cheese, garlic, salt and pepper and toss again. Arrange the asparagus on a baking sheet in a single layer.
Bake until just tender, 12-15 minutes.
Sprinkle with lemon juice just before serving.

Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice PO Drawer 12610 New Bern, NC 28561 or e-mail your recipe along with a picture to: jwhitley@cravencountync.gov

Regrets of the Dying (con't.)

5. I wish that I had let myself be happier.

This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying. Life is a choice. It is YOUR life. Choose consciously, choose wisely, choose honestly. Choose happiness.

This post was originally published on [Inspiration and Chai](#) and reprinted with permission.

Bronnie Ware is a writer and songwriter from Australia who spent several years caring for dying people in their homes. She has recently released a full-length book titled 'The Top Five Regrets of the Dying - A Life Transformed by the Dearly Departing'. It is a memoir of her own life and how it was transformed through the regrets of the dying people she cared for. For more information, please visit Bronnie's official website at www.bronnieware.com

New Point of Care System at CCHD Home-Health-Hospice

Justine, Lauren, Tracy and Jen at work.



Martina and Jen concentrating.

Craven County Health Department Home Health-Hospice recently purchased the Allscripts point of care computer program and the staff has been hard at work learning how to navigate it. Learning a new system can be difficult but the nurses and office staff have been enjoying the challenge and promise of a new and more efficient program.



Joyce in the training room.

Events to Look Forward to...

Volunteer Recognition Week –April 15– 21, 2012

9th Annual Spring Breakfast Fundraiser –The 9th annual Spring Breakfast Fundraiser will be held at Tryon Palace North Carolina History Center in Mattocks Hall. It will begin at 8:00 am and end at 9:00am. Tables will be purchased and the guests will be served beverages by their host for "Tips". These generous tips are donations to the Health Department Foundation and will help provide uncovered services for Hospice patients. For more information please call 252-636-4930.

Bereavement Support Group– June 19-July 24. The second session of Craven County Hospice Bereavement Support Group will begin on June 19 at 10:30am at McCarthy Court Apartments. It is open to the public, but pre-registration is suggested. Justine Cabrera 252-636-4930

National Volunteer Week (April 15-21, 2012) is celebrated by hospices across the country and provides an important opportunity to honor our volunteers. Volunteers play an indispensable role in enabling Craven County Health Department Hospice to offer the best care possible for patients living with life-limiting illness, their families and caregivers. By sharing their time, energy, and expertise, our volunteers bring compassion and caring to the lives of those in need. Hospice volunteers often serve patients and families at the bedside but they also assist in the office, help raise awareness, contribute to educational programs, and provide fundraising support and more.



The National Hospice and Palliative Care Organization reports that there are an estimated 458,000 hospice volunteers providing more than 21 million hours of service to hospice programs each year. More than 1.58 million patients in the U.S. are cared for by hospice programs every year. For those interested in learning more about hospice or volunteer opportunities, please call 636-4930.

The Family Connection Project



February of 2012 has proven to be an exciting time for the Craven County Health Department Hospice Volunteer Program.

Our first student volunteer joined us in early February to help with a new project. The student was referred by the Career Development Coordinator at New Bern High School, Paula Hodge. Paula was contacted with a request for a student to help with a technology/health related project. After talking with the teachers at New Bern High, Jordan Robison was referred to us. She comes to us with Hospice Volunteer experience and a desire to work with the Geriatric population. She is also techno savvy and will be helping to develop a program to assist Hospice patients in connecting with their families out of town.. Welcome to Jordan!

Jordan Robison, and mentor, Volunteer Susan Broderick, started in early February developing a new program for Craven County Health Department Hospice. They named it **The Family Connection Project**. This project involved writing a proposal, researching equipment (tablets, web cameras, Internet connectivity), estimating set up and on going costs, and requesting donations and funding. The end result will be the capability for all of our Hospice patients to video chat with their families. Once the research and paperwork is done, Jordan and Susan will be training patients, families, staff and other volunteers how to video chat. Jordan researched the positive effect that socialization has on patients and cited a report from the Mayo Clinic that states that "surrounding yourself with people that care can have a positive effect on ones' mental well being". In addition, the report stated that "a strong social network can be critical to help you go through stressful and difficult times or feelings of isolation". Social connection is also important to develop opportunities for good-byes and to create positive memories that will add quality of life to the remaining days of Hospice patients. We are hopeful that this new program will offer all of our patients these opportunities and that we can continue to add and develop programs that will add quality of life to our patients' remaining days.

